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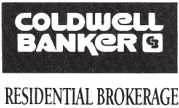
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VISIT US ONLINE AT:
www.needhamma.gov

Read this newsletter in your choice of easy-to-read formats.

FRIENDS OF THE NEEDHAM ELDERLY, INC.

83 Pickering Street
Needham, MA 02492

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FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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NEEDHAM VOLUNTEER OPPORTUNITIES FAIR

Tuesday, March 3 • 3-6 pm

Needham Historical Society • 1147 Central Avenue – Parking at Newman School

Needham is proud to be a “town of volunteers”. But, do you know how to find the right volunteer opportunity for you? For your schedule? What needs to be done? Where you can best help out? This is your chance to learn more about the many possibilities for volunteering around Needham. Representatives from various town-wide agencies and organizations will be present to share information, including: Needham Community Council; Needham Public Library; Council on Aging; Needham Housing Authority; Beth Israel Deaconess Medical Center Needham; Needham Public Schools; League of Women Voters; Needham

Historical Society; Exchange Club; Rotary, and more. This event is free and is geared toward adult volunteerism and open to all. Refreshments will be served and each organization represented will have a raffle prize. One raffle ticket is complimentary for each person attending the fair with chances to “earn” additional raffle tickets from visiting and talking with the organizations. For further information contact Penny Gordon or Paula Angell at the Needham Council on Aging, 781-455-7555 or email pgordon@town.needham.ma.us and pangell@town.needham.ma.us

TWO EXCITING NEW PROJECTS TO DEBUT AT THE NEEDHAM SENIOR CENTER

NEEDHAM'S 1ST ART IN BLOOM

Friday, March 27th • 12 - 4 pm
Saturday, March 28th

Celebrate Needham's 1st Art in Bloom, a multi-generational community showcase event! It will feature mixed media artwork created by talented Needham High School students. Each piece of art will have an accompanying floral interpretation produced by select members of the award winning Beth Shalom Garden Club. You won't want to miss the additional art on display, Friday March 27th in the lobby at the high school and throughout the Needham Public Library on Saturday, March 28th and Sunday, March 29th, during regular hours. This event has been partially funded by a Massachusetts Cultural Council Grant.

SAGES AND SEEKERS A PRESENTATION

Monday, March 2nd • 3:30 - 4:30 pm

Light refreshments to follow event.
At the Needham Senior Center

Sages & Seekers is a special project that has brought together youth (the Seekers) and older adults (the Sages) to share their unique gifts and insights. Over the past seven weeks, 4 talented high school students from the Nobles and Greenough school have been paired with 4 older adults at the Needham Senior Center. During this time the students have been seeking, listening and writing about the life experiences and the words of wisdom that their new older friend has shared. What did the Sages have to say? What did the Seekers write about? Please join us for an interesting afternoon as the students read aloud their writings. Meet the students and seniors who participated in this project. We welcome the Needham community to attend this event.



SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING
Needham

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DEAR FRIENDS,

Thank you! Your response to Friends of Needham Elderly's 2009 Membership Drive has been tremendous! You are making it possible for FONE to help support the Council on Aging Department and, through the Compass, keep all of us informed about the wonderful programs and services the COA staff offers.

When you paid your membership dues for 2009, your name was included in a drawing and fifty household members were randomly selected to receive complimentary gift certificates from local restaurants. We wish to thank those restaurants for their generosity and we are confident that the winners have enjoyed using these certificates. The participating restaurants are: *Nicholas Pizzeria, Spasso Caffe & Gelateria, Fresco Restaurant, Fava Restaurant, The Village Fish, Fuji Steak House, Stone Hearth Pizza, Wild Willy's, Sweet Basil, Abbott's Frozen Custard, Café Fresh Bagel, Not Your Average Joe's, Needham House of Pizza and Masala Art.*

As you increase our revenue with your dues and donations, we still need to lower our expenses through this economically difficult time. To implement our plan to revamp the Compass mailing list, we asked for your response as to how you would like your newsletter delivered. Many of you have responded, but if you have not had an opportunity to do so, please be sure to fill out the form below or call the Senior Center and let us know how you would like the Compass delivered. **If we do not hear from you, we will assume you do not wish to receive the newsletter at this time.**

*Jan, Pat, Eileen, Sylvia, Ann, Isabel, Betsy,
Jay, Carol, Roma*

FRIENDS OF NEEDHAM ELDERLY DONATIONS (PARTIAL LIST)

- | | | |
|--------------------------------------|--------------------|-----------------------------|
| • Jeanne Blakeney | • Joyce Ernst | • Nina Prohodski |
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Bunie | • Mary McKernan | • Marjorie Swanton |
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| | • Marie Patterson | |

If you wish to continue receiving the Senior Compass, please fill out this form. It can be dropped off at the Senior Center or mailed to FONE, 83 Pickering Street, Needham, MA 02492. You can also reply to needhamfone@comcast.net or call the Senior Center at 781-455-7555.

Name: _____

Send by e-mail. My e-mail address is: _____

Mail through the U. S. Postal Service.

My address is: _____

THANK YOU FOR YOUR HELP!!

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

DEAR FRIENDS,

As I write this, we are experiencing one more “snowy” day and I feel that we have had too much cold and difficult weather this winter. Last month, I was giving thought to how we can maintain our optimal level of functioning as individuals and I mentioned that there is growing evidence that remaining active and engaged are contributing ingredients. There is also evidence that maintaining a positive attitude and making mindful, purposeful choices as we approach each day is good for our overall health as well. This lowers our stress level and has the potential of attracting others to us with a similar temperament. For the most part, few would argue that unhappy, angry people, are generally not as enjoyable to be around as folks in a better frame of mind.

I don't consider myself a moody person, and usually I am able to experience the day with “a glass half full attitude”. So along with my commitment last month to attempting to be more flexible and open to new ideas, I am adding the goal of a mindful attitude adjustment as I approach life. After all, I keep saying that all of the programs and services offered through this department are geared toward health and wellness, so I guess I need to attempt to lead by example and be held accountable.

Jamie

NEEDHAM COUNCIL ON AGING DONATIONS GENERAL DONATIONS

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- Fitzroy Danglad
- North Hill Bridge Group
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IN MEMORY OF FRANK FARRAR

- Nancy and Donald Allen and Family
- E.S. Jaynes
- Barry and Amy Karch

WEIGHT WATCHERS – LAUNCHES NEW PROGRAM CALLED, MOMENTUM!

10 weeks **Wednesdays • 12:00 - 1:00 pm**

Class begins on March 11, 2009 at the Needham Senior Center

**How do you register? Before the first class, call the Senior Center to sign-up.
On March 11th, please bring your payment of \$130.00 for the 10 weeks.**

For many of us, the New Year brings new resolutions. Weight Watchers' new program – Momentum, is an easy-to-follow, weight loss plan that helps people stay in control of their eating habits by helping people identify foods that can keep them satisfied longer while teaching them how to eat smarter portions and make healthier choices. The new Momentum program provides resources for people to understand and address the practical, physical and emotional issues that can lead to weight gain. By following this plan, we will offer support to one another with good humor, as we struggle to win the Battle of the Bulge! We will have a private weigh-in each week and the group coach will keep us motivated. To sign-up or to obtain further information, call Sherry at the Needham Senior Center, 781-455-7555.

SENIOR STRENGTH EXERCISE CLASS WITH PEARL

Each Session is 8 Weeks

Session I is on Mondays • 10:15 - 11:00 am and begins on March 30th

Session II is on Fridays • 9:15 – 10:00 am and begins on March 13th

At the Needham Senior Center

Sign-up is required and payment is due on the first day of class.

Please call 781-455-7555.

These classes are designed to accommodate mature individuals of various fitness levels and abilities and can be adapted to meet the particular needs of any of the participants. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension. Pearl, the leader of this class, is on staff at Newton-Wellesley Hospital's Wellness Center. Since 2003 she has specialized in fitness for older adults. The cost for each eight week session is \$32.00.

HAPPY ST. PATRICK'S DAY WITH MUSIC BY STEVE CADDICK AND AVALON

An afternoon of entertainment
with refreshments to follow

**Tuesday, March 17th
1:30 pm**

Needham Senior Center
**Sign-up is required, call
(781) 455-7555**

It is said on St. Patrick's Day that everyone is Irish. Steve Caddick, Paul Poirier and Rene Marion will bring you some of the best music played on vintage banjos and guitar. This trio will get your feet tapping, your hands clapping, and you will feel like you are part of the band.

EDUCATIONAL TRAVEL OPPORTUNITIES

Presented by Rochelle S. Krugar

**Tuesday, March 10th
12:30 pm**

Needham Senior Center
**There is no fee for this
program.**

Elderhostel is a not-for-profit organization dedicated to providing extraordinary learning adventures for people 55 and over. From New Hampshire to New Zealand, South Africa to South Dakota, Elderhostel offers you a world of educational opportunities. Expert instructors, experienced group leaders and helpful staff create extraordinary experiences by sharing stimulating information, leading fascinating trips and cultural excursions. Programs have a special focus which can include outdoor activities, art lessons, and theater attendance.

NEW CLASS AND INSTRUCTOR! YOGA IN THE AFTERNOON WITH SANDI

At the Needham Senior Center
An 8 week class
Tuesdays, 3:00 – 4:00 pm
beginning on March 3rd

This class is designed for basic and intermediate levels. Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing Yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis's Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

VOLUNTEERS SOUGHT

- Meal site Volunteer: Weekday(s)
10:00am – 12:30pm
- B.A.G.S. Shopper Assistant
- Friendly Visitors
- Parent/Child Morning Pastry preparer & visitor
- Lead a foreign language discussion group (French, Yiddish, Russian, etc.).

For further information contact
Penny Gordon, Volunteer
Coordinator – 781-455-7555
x204

DOWNSIZING YOUR HOME OR WANTING TO REDUCE CLUTTER?

NO FEAR, MAREA IS HERE!

LEARN HOW TO REDUCE CLUTTER IN YOUR HOME AND GET MORE ORGANIZED
Presented by Marea E. Santos of Santos Organizational Strategies

Tuesday, March 24th at 12:30 pm

At the Needham Senior Center

Did you know that when downsizing to a smaller home, closet and storage space will likely be a third of the space you have now? Join us and learn how to make downsizing a rewarding experience. Special thanks to Marea for helping the Senior Center be more tidy and organized!

ART HISTORY, THE AMERICAN WEST

Wednesday, April 1st • 10:30 am

Location: Offsite at Avery Crossings, 110 West Street

A suggested cost of \$4.00 paid at the door

American artists have been like America itself, pioneering, bold, and independent. Especially in the western frontiers, where artists were confronted with a totally new and unbelievably beautiful landscape, alien culture and a dramatically different lifestyle and it was all over in just 75 years. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and fascinated by the Western American experience. Please join us for a look at a very brief but special time in our nation's history, through the eyes of artists who tried to capture it.

MONDAY'S LUNCH BUNCH

Due to the increased interest in our LUNCH BUNCH program, please be sure to speak with our receptionist to SIGN UP in advance for the lunch you want to attend. Meet at the Senior Center at 11:30am. Board our Van and take a ride to:

Monday, March 2 – Fuji, Needham

Monday, March 9 – Skipjack's, Newton

Monday, March 16 – No lunch

Monday, March 23 – Joe's American Bar & Grill, Dedham

Monday, March 30 – Grassfields, Waltham

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 to cover expenses, will be reduced to \$1.00 when we stay within the Town of Needham. You will also pay for the cost of your meal. Enjoy!!

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday, March 24th at 9:15 am

At the Needham Senior Center

Please join us for a morning of light work and good fun, while we prepare the newsletter for mailing!

BALLROOM DANCING LESSONS

THE FOX TROT, A 4-WEEK CLASS

Tuesdays, 2:00-3:00 pm • March 10, 17, 24, 31

Location: Offsite: Charles River YMCA at 380 Chestnut Street

Sign-up is required and payment is due on the first day of class.

Please call 781-455-7555.

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – not rubber soles. If you are a new student, to sign-up call Sherry Jackson at the Needham Senior Center.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

NEW!
**HAVE YOU HEARD ABOUT Wii™?! OR BETTER
YET, HAVE YOU EXPERIENCED Wii™?!**

**Here is your chance, if you would like to give Wii a try or simply see what
it's all about call the Senior Center. Sign up is required, (781) 455-7555**

Friday, March 6th • 12 - 1 pm and Friday, March 20th

Location: Offsite at the Needham Housing Authority,
Community Function Room, 1 Chambers Street

A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii". The Wii sports program includes virtual tennis, golf, baseball, bowling, and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen. Have we peaked your interest? If yes, call the Needham Senior Center today to sign-up. Due to the Senior Center's current space limitations, we thank the Needham Housing Authority for providing the time, the space and the Wii program.

**IT'S FRIDAY ENTERTAINMENT LIVE WITH THE
YOUNG AT HEART SINGERS**

Friday, March 27th • 1:30 pm

At the Needham Senior Center

Sign-up is required, call (781) 455-7555. There is no fee for this program.

Accompanied by a pianist, the Young at Heart Singers, an all female singing group, will perform "A Little Bit of Broadway." In costume they will sing songs from Chicago, 42nd Street, Funny Girl, Showboat, La Cage Aux Folles and many more. In advance, we would like to thank Briarwood Healthcare for sponsoring this event.

**TAX COUNSELING SPONSORED BY
AARP AND THE COA**

For a confidential appointment with a trained counselor, call the Needham Senior Center at (781) 455-7555. Counselors are trained by the IRS. On the day of your appointment, please bring the following three items with you:

#1 A copy of your 2008 tax return.

#2 All income statements received including Social Security.

#3 Any state or federal tax forms you received in the mail.

TRIP PLANNING MEETING

Tuesday, March 3rd • 12:30 pm

At the Needham Senior Center

Please join us for our annual Trip Planning Meeting. We will have gathered information on as many trips as we can find that fall within a reasonable price range (\$65 or under) and we will make a list for your consideration. When we have chosen approximately 15-20 trips, we will go to work and try to come as close as possible to your choices. We'd like to encourage lots of people to attend this meeting so that we can come up with a program that will attract as many participants as possible.

**POOL TOURNAMENT, THE POLICE AND FIREMEN
VS. THE NEEDHAM SENIORS**

Wednesday, March 18th • 12 - 4 pm

At the Needham Senior Center

All players and spectators are welcome.

MOVIES AT 1:00 PM

At the Needham Senior Center

Monday, March 2

The Pink Panther

Monday, March 9

Shakespeare in Love

Monday, March 16

Singing in the Rain

Monday, March 23

Gold Diggers

Monday, March 30

Return to Me

Friday, March 6

Radio Days

Friday, March 13

The Secret Life of Bees

Friday, March 20

The Great Debaters

**TAI CHI MODIFIED
AN 8-WEEK CLASS**

Mondays • 9-10 am

March 16 - May 11

At the Needham Senior Center

**Sign-up is required and is
on the first day of class**

Participants can either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. No experience is necessary. Wear loose, comfortable clothing. Fee for the eight-week course is \$32. To sign up call 781-455-7555.

**BETTER BALANCE
EXERCISE CLASS
WITH LISA**

**New class beginning on
Wednesday, March 25th
2:30 pm**

At the Needham Senior Center

**Sign up is required. Payment
is due the first day of class.**

Please call 781-455-7555.

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights, this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. The cost is \$50 for 8 weeks. To sign up, please call the Senior Center at 781-455-7555.



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER DROP-IN HOURS:

9:00 am - 4:00 pm
Monday thru Friday

SHINE UPDATE: ARE YOUR PRESCRIPTION COSTS TOO HIGH?

Prescription Advantage, the state's pharmacy assistance program, can help lower your prescription costs. If you become a Prescription Advantage member and you do not have a Part D plan, you can join a plan now. You do not have to wait for the next Open Enrollment Period in November! If you are unhappy with your current plan, Prescription Advantage members also get one additional time each year to change Medicare Part D plans! You are eligible to join Prescription Advantage if you are 65 or older and your annual income is less than \$52,000 for a single person or \$70,000 for a married couple. If you are under 65 and disabled, you may also qualify, but at a lower income. There is no charge for joining Prescription Advantage if you have an annual income less than \$31,200 for a single person and \$42,000 for a married couple. Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. There is also help available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To make an appointment, call the Senior Center, (781) 455-7555.

If you are interested in becoming a SHINE volunteer counselor, contact Dorene Nemeth at (508) 532-5980, ext 4109.

THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA CADIGAN

Session I – Tuesday, 2:00 – 3:00 pm
Begins March 31, 2009

At the Needham Senior Center

Cost for 8 weeks is \$32.00

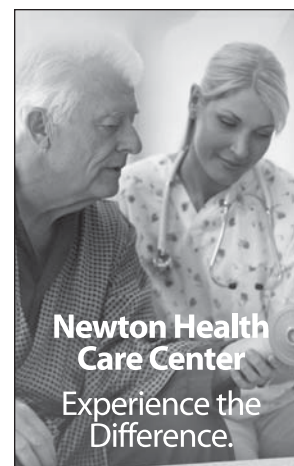
Session II – Thursday, 2:00 – 3:00 pm
Begins April 2, 2009

At the YMCA, 380 Chestnut Street

Cost for 8 weeks is \$32.00

Sign-up is required and payment is due on the first day of class. Please call 781-455-7555.

The Council on Aging would like to thank the Needham YMCA for making space available to us. The Needham COA in collaboration with the Arthritis Foundation is pleased to offer this important exercise class. The program content includes: Range-of motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training, Body awareness activities, Breathing exercises, Relaxation exercises, Health education, Practical tips, and Activities to promote self-care). The general guidelines can be found on the Arthritis Foundation website www.arthritisfoundation.org. The cost for one 8 week session is \$32 and for both sessions the cost is \$64. To sign up call 781-455-7555.



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The short-term Orthopedic Rehabilitation program at Newton Health Care Center is the area's choice for sub-acute rehabilitation care.

Directed by our highly-skilled medical staff and supported by an experienced team of rehabilitation professionals the team at Newton is committed to your recovery.

**Call today or stop in
for a tour!**

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2101 Washington Street
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617.969.4660



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100 West Street • Needham, MA 02494
www.averymanor.com

**For more information or a tour of our
facility please contact the Admission
Director at 781-234-6300.**

We specialize in

- Short-term Rehab/Orthopedic Program with 3800 sq ft of Rehab space/PT, OT and Speech Therapy Services up to 7 days per wk including a new Wii program
- Large Private and Semi-Private Rooms
- Also Offering: Long-Term Care, Secured Dementia Unit

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Fuji, Needham 11:45 Lunch 1:00 Bridge – Men 1:00 Friends of Needham Elderly 1:00 Movie: The Pink Panther 3:30 Sages and Seekers</p>	<p>3</p> <p>9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:45 Lunch 12:30 Ping Pong 12:30 Trip Planning Meeting 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Exercise with Lisa 3:00 Volunteer Opportunities Fair #6 3:00 Yoga</p>	<p>4</p> <p>9:00 Exercise 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 1:00 Bridge – Men No Better Balance Class Today</p>	<p>5</p> <p>9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1</p>	<p>6</p> <p>9:15 Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:45 Lunch 12:00 Computer Lessons 12:00 Wii #5 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Radio Days</p>
<p>9</p> <p>9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Skipjack's, Newton 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: Shakespeare in Love</p>	<p>10</p> <p>9:15 Bridge – Women 9:15 Yoga 10:30 Creative Writing Group 11:45 Lunch 12:30 Lecture: Educational Travel Opportunities 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa 3:00 Yoga</p>	<p>11</p> <p>9:00 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 12:00 Weight Watchers 1:00 Bridge – Men 2:30 Better Balance</p>	<p>12</p> <p>9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1</p>	<p>13</p> <p>9:15 Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:45 Lunch 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: The Secret Life of Bees</p>
<p>16</p> <p>9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: Singing in the Rain 2:00 Exercise with Lisa</p>	<p>17</p> <p>9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:45 Lunch 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 1:30 St. Patrick's Day Party 2:00 Ballroom Dancing #1 3:00 Yoga No Exercise Class with Lisa Today</p>	<p>18</p> <p>9:00 Exercise 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 12:00 Pool Tournament: Police & Fire vs. the Seniors 12:00 Weight Watchers 1:00 Bridge – Men 2:30 Better Balance</p>	<p>19</p> <p>9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1</p>	<p>20</p> <p>9:15 Exercise with Pearl 9:15 Quilting 10:00 Low Vision 11:45 Lunch 12:00 Computer Lessons 12:00 Wii #5 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: The Great Debaters</p>
<p>23</p> <p>9-4 Pool Tournament 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Joe's American Bar & Grill, Dedham 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: Gold Diggers</p>	<p>24</p> <p>9:15 Compass Collating 9:15 Yoga 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch 12:30 Lecture: Downsizing Your Home 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa 3:00 Yoga</p>	<p>25</p> <p>9-4 Pool Tournament 9:00 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 1:00 Bridge – Men 2:30 Better Balance</p>	<p>26</p> <p>9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:00 Weight Watchers 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1</p>	<p>27</p> <p>9:15 Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:45 Lunch 12:00 Computer Lessons 12-3 Art in Bloom 1:00 Board Games 1:00 Bridge – Men 1:30 Entertainment Live: The Young at Heart Singers</p>
<p>30</p> <p>9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Grassfields, Waltham 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: Return to Me</p>	<p>31</p> <p>9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:45 Lunch 12-4 Ping Pong Tournament 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa 3:00 Yoga</p>	<p>CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 1 Chambers Street #6 Needham Historical Society • 1147 Central Avenue Please Note: Items in bold indicate that sign-up is required.</p>		